

Philippians - Study Companion

A printable guide for tracing joy, humility, suffering, obedience, citizenship, prayer, contentment, generosity, and the mind of Messiah across all four chapters

Don't take my word for it - Open your Bible.

READ • OBSERVE • ANSWER • COMPARE • TEST • INTERPRET

Use this Companion beside an open Bible and the full Philippians study at OpenYourBible.org. Read the assigned passage first. Record what you actually see before consulting commentary. The questions mirror the authoritative study manuscript so your notes stay aligned with the teaching.

Name: _____

Date started: _____

Study completed: _____

Study Progress

Session	Passage	Done
1. Partnership When Circumstances Are Not Ideal	Philippians 1:1-11	☐
2. When the Problem Advances the Mission	Philippians 1:12-26	☐
3. Live Like Citizens Worthy of the Good News	Philippians 1:27-30	☐
4. The Mind of Messiah	Philippians 2:1-11; Isaiah 45:18-25	☐
5. Work Out What Yehovah Is Working In - Timothy and Epaphroditus	Philippians 2:12-30	☐
6. When Religious Credentials Become Confidence in the Flesh	Philippians 3:1-11	☐

7. Not Already Perfect - Citizenship in Heaven	Philippians 3:12-4:1	☐
8. When Faithful Believers Cannot Agree - Anxiety and Peace	Philippians 4:2-9	☐
9. Contentment, Generosity, and Grace at the End	Philippians 4:10-23	☐
10. The Whole Letter	Philippians 1-4	☐

How to Use the Circumstance -> Pressure -> Mind of Messiah -> Faithful Response Lens

After each session, name the circumstance Paul or the Philippians are facing, the pressure or temptation that circumstance creates, the perspective Paul gives through Messiah, and the faithful response he calls for. The point is not to deny hard circumstances. It is to notice how Philippians repeatedly refuses to let circumstances become the final interpreter of reality.

Session 1. Partnership When Circumstances Are Not Ideal

OPEN YOUR BIBLE Philippians 1:1-11

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. How does Paul describe himself and Timothy?

2. Who receives the letter?

3. What specifically causes Paul to thank Yehovah?

4. What might "partnership in the good news" include beyond friendship?

5. Who does Paul say began the good work in the Philippians?

6. Who will carry that work toward completion?

7. What does Paul pray will increase?

8. What does he connect with love?

9. Why does love need knowledge and discernment?

10. What fruit does Paul hope will characterize these believers?

11. Through whom does that righteous fruit come?

12. Who ultimately receives the glory?

Joy Under Pressure Lens

Circumstance / pressure	Temptation or distorted response
Mind of Messiah / truth Paul gives	Faithful response / next step

Session 2. When the Problem Advances the Mission

OPEN YOUR BIBLE Philippians 1:12-26

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. What does Paul say has happened because of his imprisonment?

2. Does he call imprisonment pleasant or desirable?

3. How have other believers responded to his chains?

4. What different motives does Paul identify among those proclaiming Messiah?

5. Does Paul approve envy and selfish ambition?

6. Why is he still able to rejoice?

7. What might Paul's response reveal about ego and ministry?

8. What does "to live is Messiah" mean in the surrounding context?

9. Why does Paul consider death gain?

10. Why does he also consider continued life valuable?

11. What benefit does he hope his continued presence will bring the Philippians?

12. How is Paul's confidence different from romanticizing death or suffering?

Joy Under Pressure Lens

Circumstance / pressure	Temptation or distorted response
Mind of Messiah / truth Paul gives	Faithful response / next step

Session 3. Live Like Citizens Worthy of the Good News

OPEN YOUR BIBLE Philippians 1:27-30

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. What does Paul tell the Philippians to make worthy of the good news?

2. How might Philippi's Roman-colony setting sharpen the citizenship language?

3. What does Paul want to hear about the community if he remains absent?

4. How does he describe their unity?

5. Are believers pictured primarily as isolated individuals or as people standing together?

6. What role does courage play when opposition arises?

7. What kind of suffering is in view in this immediate context?

8. Why should this passage not be used to teach that every painful circumstance is persecution?

9. What is the difference between accepting the cost of faithfulness and seeking suffering?

10. What allegiance appears to govern the Philippians' identity more deeply than Roman citizenship?

Joy Under Pressure Lens

Circumstance / pressure	Temptation or distorted response
Mind of Messiah / truth Paul gives	Faithful response / next step

Session 4. The Mind of Messiah

OPEN YOUR BIBLE Philippians 2:1-11; Isaiah 45:18-25

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. What mindset does Paul tell believers to cultivate?

2. How does Paul describe Yeshua's status before His humiliation?

3. What does Yeshua refuse to do with that status?

4. How does Paul explain Yeshua's self-emptying?

5. Does the text explicitly say Yeshua ceased to be divine?

6. What form does He take?

7. How far does His obedience extend?

8. What does Yehovah do after Yeshua's humiliation?

9. What language in Philippians 2 echoes Isaiah 45?

10. Why is that echo significant?

11. How does this passage answer the problem of selfish ambition introduced in verses 1-4?

12. What would it look like to imitate Yeshua's humility without pretending you have no value?

Joy Under Pressure Lens

Circumstance / pressure	Temptation or distorted response
Mind of Messiah / truth Paul gives	Faithful response / next step

Session 5. Work Out What Yehovah Is Working In - Timothy and Epaphroditus

OPEN YOUR BIBLE Philippians 2:12-30

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. What does Paul tell the Philippians to continue doing?

2. Does he say to work for salvation or work out salvation?

3. Who does Paul say is working within believers?

4. What does Yehovah produce in them?

5. How do divine action and human obedience operate together in the passage?

6. What ordinary behaviors does Paul immediately address?

7. Why might grumbling and arguing matter in a discussion about living as children of God?

8. What image does Paul use for believers in the world?

9. What are they told to hold firmly?

10. How does Paul describe his own possible sacrifice?

11. What kind of joy appears in the midst of that cost?

12. Why does Paul commend Timothy?

13. How does Timothy's concern connect with the earlier command concerning others' interests?

14. What contrast does Paul make between Timothy and others?

15. Why had Epaphroditus come to Paul?

16. How serious was his illness?

17. Does Paul treat sickness as evidence of spiritual failure?

18. What emotion does Paul say Epaphroditus's death would have caused him?

19. How does this complicate the idea that joy means never experiencing sorrow?

20. Why does Paul tell the Philippians to honor people like Epaphroditus?

21. How do Timothy and Epaphroditus make the "mind of Messiah" visible in ordinary relationships?

Joy Under Pressure Lens

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Session 6. When Religious Credentials Become Confidence in the Flesh

OPEN YOUR BIBLE Philippians 3:1-11

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. What warning does Paul give at the beginning of the section?

2. What credentials does he list?

3. Which credentials concern ancestry?

4. Which concern religious status and conduct?

5. Why might those accomplishments become grounds for confidence in the flesh?

6. What does Paul count as loss?

7. What does he consider surpassingly valuable?

8. Does Paul explicitly say Yehovah's Torah itself is evil?

9. What kind of righteousness does Paul reject as a basis for standing before Yehovah?

10. What righteousness does he seek instead?

11. What interpretive debate surrounds pistis Christou?

12. Why is rejection of self-righteousness different from rejection of obedience?

13. What does Paul ultimately want to know and participate in regarding Yeshua?

Joy Under Pressure Lens

Circumstance / pressure	Temptation or distorted response
Mind of Messiah / truth Paul gives	Faithful response / next step

Session 7. Not Already Perfect - Citizenship in Heaven

OPEN YOUR BIBLE Philippians 3:12-4:1

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. Does Paul claim to have already reached perfection?

2. What does he say he continues doing?

3. Who first took hold of Paul?

4. What might “forgetting what lies behind” mean in context?

5. Does Paul literally refuse to remember his past?

6. How can past achievement hinder continued growth?

7. How can past failure hinder it?

8. What goal does Paul continue pursuing?

9. How does Paul describe mature thinking?

10. What does this passage teach about lifelong discipleship?

11. Who does Paul tell the Philippians to imitate?

12. What behaviors characterize the people he warns about?

13. Where does Paul say believers' citizenship is?

14. Why would citizenship language be especially meaningful in Philippi?

15. What are believers waiting for from heaven?

16. What will Yeshua do to their bodies?

17. Does Paul describe salvation as permanent escape from embodiment?

18. How does resurrection hope affect life now?

19. What earthly allegiances can compete with the allegiance believers owe Yeshua?

20. What command closes this section?

Joy Under Pressure Lens

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Mind of Messiah / truth Paul gives	Faithful response / next step

Session 8. When Faithful Believers Cannot Agree - Anxiety and Peace

OPEN YOUR BIBLE Philippians 4:2-9

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. Who does Paul address by name?

2. Does the text tell us what caused their disagreement?

3. How does Paul describe their past ministry?

4. Why is it important not to reduce Euodia and Syntyche to their conflict?

5. Who does Paul ask to help them?

6. What might “agree in the Lord” require even if every opinion does not become identical?

7. What command concerning joy follows?

8. What quality should become known to everyone?

9. How might remembering that the Lord is near affect conflict?

10. What does Paul tell believers to do with their requests?

11. What practices accompany prayer?

12. What does Paul promise will guard hearts and minds?

13. Does he promise every difficult circumstance will immediately disappear?

14. Why is it significant that the peace of God “guards” them?

15. Why should this passage not be used to shame people experiencing anxiety?

16. Does the passage prohibit practical help, treatment, safety measures, or wise action?

17. What kinds of things does Paul tell believers to think about?

18. Which quality appears first?

19. Why does that protect the passage from becoming denial-based positive thinking?

20. What does Paul tell them to do with what they have learned?

21. How do thought and practice work together?

Joy Under Pressure Lens

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Session 9. Contentment, Generosity, and Grace at the End

OPEN YOUR BIBLE Philippians 4:10-23

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. Why does Paul rejoice over the Philippians' renewed support?

2. What does Paul say he has learned?

3. In what kinds of circumstances has he learned contentment?

4. What does "all things" refer to in the immediate context of verse 13?

5. Does Paul promise unlimited achievement?

6. What does Messiah strengthen Paul to endure?

7. Why is it significant that contentment is learned?

8. What spiritual danger can accompany abundance?

9. What danger can accompany need?

10. Does Paul's contentment mean the Philippians' generosity was unnecessary?

11. How does Paul describe their financial gift?

12. What context surrounds the promise that Yehovah will supply their needs?

13. Why should that promise not be turned into a prosperity formula?

Joy Under Pressure Lens

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Mind of Messiah / truth Paul gives	Faithful response / next step

Session 10. The Whole Letter

OPEN YOUR BIBLE Philippians 1-4

Read the passage before answering. Record the evidence first. Let Scripture interpret Scripture, and distinguish what the text states from what requires inference.

1. What circumstances surround Paul while he writes?

2. Why is that important for understanding his commands to rejoice?

3. What does partnership in the good news look like?

4. How does Paul respond to people preaching Messiah from selfish motives?

5. What does “to live is Messiah” mean in context?

6. How does Philippi’s Roman setting illuminate Paul’s citizenship language?

7. What threatens unity in chapter 2?

8. How does Yeshua respond to status and advantage?

9. What does Paul mean by telling believers to work out their salvation?

10. Who is simultaneously working within them?

11. How do Timothy and Epaphroditus embody the mind of Messiah?

12. What credentials does Paul list in chapter 3?

13. What exactly becomes “loss” compared with knowing Yeshua?

14. Does Paul say Yehovah’s Torah itself is evil?

15. What is the difference between obedience and confidence in obedience as the basis of righteousness?

16. Why does Paul say he has not already arrived?

17. What does heavenly citizenship mean in context?

18. What future hope does Paul connect with Yeshua's return?

19. How does Paul treat Euodia and Syntyche?

20. What does he ask the community to do regarding their disagreement?

21. What does Paul tell believers to do with anxiety?

22. What does he tell them to think about?

23. What does "I can do all things through Messiah" mean in its immediate context?

24. What does Paul say he had to learn?

25. How does the Philippians' generosity fit beside Paul's contentment?

26. Why does "Yehovah will supply every need" not function as a prosperity formula?

27. What seems to be the relationship among grace, obedience, humility, and joy throughout the letter?

28. Which passage in Philippians changes most when read in context rather than as an isolated verse?

29. Where are your circumstances currently trying to determine your joy?

30. Where might the mind of Messiah change the way you respond?

Final Joy-and-Faithfulness Map

What circumstances in Philippians most clearly show that biblical joy is not the same thing as easy circumstances?

How does the mind of Messiah reshape the use of status, influence, and power?

How do grace and obedience function together without turning obedience into the basis of salvation?

What does Paul teach you about contentment in both abundance and need?

Where is Yehovah inviting you to interpret a present circumstance through Messiah rather than letting the circumstance become the final word?
